

Adult Sports

Co-ed Kickball League

(Ages: 18 to Adult) We're bringing the fun - KICKBALL IS HERE! Gather your friends or neighbors to form a team and participate in this new exciting league. Registration is taken by team entry only. In addition to acting like a grade-schooler again, teams will get a Team ball and be invited to the league playoff to round out the season. Teams will play at least 6 regular season games, plus play in a single elimination seeded playoff at the end of the season. All that's left is coming up with a great team name and figuring out which of your closest friends you want to do battle with! Games played on Saturday.

1620.412 Sa, 11-Sep to 30-Oct 9:00 AM - 1:00 PM
Snowden Baseball Fields \$125 per team
Registration Begins: 7/6
Deadline: 8/27 \$50 late fee after 8/28

If you do not have a team, but would be interested in playing, call 372-1086, ext. 204 and we will make your name available to teams looking for players.

Co-ed Ultimate Frisbee

(Ages: 18 to Adult) Our co-ed recreational league is for adults 18 yrs and older and is designed for those seeking exercise, skill development, and FUN - not high level competition. All games will be self-officiated. All rosters and fees will be due upon registration. If you do not have a team, but would be interested in playing, call 372-1086, ext. 204 and we will make your name available to teams looking for players.

1820.103 W, 22-Sep to 17-Nov 5:00 PM - 8:00 PM
Old Mill Park Fields
\$125 per team
Registration Begins: 7/19
Deadline: 9/10 \$50 late fee after 9/10

Adult Fencing

(Ages: 16 to Adult) Our trained instructors teach you the fundamentals of this sophisticated sport. Learn stances and how to foil. At registration you may opt to rent equipment or bring your own. Take this opportunity to learn a new sport. Class size limited. Equipment fees (\$20) need to be paid to instructor at the first day of class.

4444.306 Tu, 4-May to 8-Jun 7:30 PM - 8:30 PM
Community Center Instructor: Have Blade Staff
\$60 City, \$65 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Turkey Bowl Classic 2010 Flag Football

(Ages: 18 to Adult) Show your skills and defend your team at this double-elimination regional flag-football tournament! Winners get T-shirts and trophies. Ages 18 & over. For more information please call Jason at 540-372-1086 ext 204.

1820.500 Sa, 27-Nov 9:00 AM - 4:00 PM
Old Mill Park Fields \$150 per team
Registration Begins: 9/20
Deadline 11/12 \$50 late fee after 11/12

Women's Fall Volleyball

(Ages: 18 to Adult) Our recreational league is for women 18 years of age and older and is designed for those seeking exercise, skill development, and FUN - not high level competition. All games will be self-officiated. All roster and fees will be due upon registration. This is also a great way for businesses to build team cohesiveness, so get your team signed up today! If you do not have a team, but would be interested in playing, give Jason a call at 372-1086 ext. 204 to place you on a team looking for players.

1820.108 Th, 23-Sep to 2-Dec 6:00 PM - 9:00 PM
New Walker Grant Gym \$125 per team
Registration Begins: 7/19
Deadline: 9/10 \$50 late fee after 9/10

ADULT SPORTS & SOCIAL LEAGUES

Fredericksburg Parks and Recreation offers a wide variety of sports leagues for adults to compete in. Teams interested in participating in any league must complete a registration packet, fill out a team questionnaire, and pay all franchise fees associated with the league.

We also offer:

FALL: Co-Ed Ultimate Frisbee & Women's Volleyball

WINTER: Co-Ed Dodgeball

SPRING: Co-Ed Kickball & Women's Volleyball

Call Jason at 540-372-1086 ext. 204 for more information! Register early - adult sport leagues fill quickly!



GROUP FITNESS PUNCH CARD PROGRAM



(Ages: 15 yrs and older)

Group Fitness classes require a Group Fitness Punch Card. These cards allow you the flexibility to choose and try any and all fitness classes. Take a look at our schedule of classes to see what fits your busy schedule and stop in to purchase your card to good health today! Class times are subject to change. All fitness classes are 50 minutes in length and on-going with no specific start date unless otherwise stated in class description. Classes held at the Dorothy Hart Community Center. Please call for questions prior to attending your first class.

GROUP FITNESS PUNCH CARD FEE SCHEDULE:

Group Fitness Punch Cards expire 30 days from purchase and can only be acquired in person at the Dorothy Hart Community Center.

30 Day Pass (Unlimited Classes) \$40 City, \$45 Non City Resident
Flex Punch Card: 12 punches \$35 City, \$40 Non City Resident
8 punches \$30 City, \$35 Non City Resident
Drop in Fees: \$5

Strengthen, Tone & Sculpt

If you want strong bones and to build muscles that burn fat, then come join us. We work on our entire body - upper body, lower body and abs, utilizing free weights, flexball, exercise tubes and more for a total body shaping experience.

***Use with punch card - 1 punch**

M, W 6:00pm - 6:50pm
Instructor: Pam Wrobel, ACE & CPR cert.

Beginner Pilates

Pilates is for all ages and genders! Most body aches and pains are due to muscular imbalance. Pilates strengthens the muscles that support the spine (the neck, shoulders, abs, hips and thighs), helps to realign the spine, and strengthen the body from the inside out. This class will focus on activating deep muscles while helping tone, streamline and improve your posture through the emphasis on body conditioning, core muscle training, and flexibility.

***Use with punch card - 1 punch**

M, W 12:30pm - 1:20pm
F 11:30am - 12:20pm
Instructor: Cheri Bryan, CPFI certified

Step Aerobics

This high-energy class will challenge any step enthusiast with an aerobic-paced "warm-up", step excitement and right through the toning-oriented "cool down". It's a fast-paced, nonstop program packed with interesting choreography and upbeat music. Tammy's energized style will keep you motivated but not frustrated. Come join this fun class. You'll pack maximum fat burning into even the busiest schedule.

***Use with punch card - 1 punch**

T, TH 6:30pm - 7:20pm **Instructor: Tammy Esteppe, ACE & CPR certified**

Strength & Stretch for Active Older Adults

This unique strength-training program is specifically geared toward the Active Older Adult. This class utilizes weights, combined with isometric training and stretching. Strength training can greatly improve one's quality of life at any age. We'll end class with relaxing stretches, which will help improve flexibility and also reduce stress. A perfect way to end your workout!

***Use with punch card - 1 punch**

T, TH 1:00pm - 1:50pm **Instructor: Theresa Powel**

Early Morning Sculpt & Tone

Start your day off guilt free with this early morning workout. Pam will get you moving and feeling great with a total body workout. A super way to get your workout in before you find an excuse. You'll find you have more energy throughout the day, and be glad you got out of bed in time to get in shape.

***Use with punch card - 1 punch**

M, W, F 8:10am - 9:00am **Instructor: Pam Wrobel, ACE & CPR cert.**



Water Aerobics

(Ages: 16 to Adult) A modern approach to water aerobics with fun filled cardio segments and a mixture of strength and flexibility work. We'll bring out the pool toys- noodles, balls, etc. for an effective water workout without harsh stress on the joints or muscles.

2200.100 M W, 7-Jun to 14-Jul 8:00 AM - 9:00 AM
2200.200 M W, 19-Jul to 25-Aug 8:00 AM - 9:00 AM
Dixon Pool **Instructor: Parks & Rec Staff**
\$50 City, \$60 Non-City Resident
\$8 Drop in Fee
Registration Begins: 4/20 City 4/27 Non-City



Fitness & Dance



Outdoor Boot Camp

(Ages: 16 to Taking the fun Outdoors! A fitness program designed to take your fitness level up a notch by focusing on improving cardiovascular stamina, increasing muscle tone and strength, and decreasing body fat. Join us for an outdoor workout that will leave you feeling invigorated! Bring water, mat, and a set of weights. All classes will be held at Memorial Park (Kenmore Park) located at the corner of Mary Ball and Kenmore Avenues. ***Drop in fee is \$8 per class.**

2010.148 Tu Th, 25-May to 1-Jul 6:30 PM - 7:30 PM
2010.158 Tu Th, 6-Jul to 12-Aug 6:30 PM - 7:30 PM
Memorial Park Field Instructor: HealthyFit Pros
\$50 City, \$60 Non-City Resident
Drop in fee: \$8 pay at the park
Registration Begins: 4/20 City 4/27 Non-City

Zumba Gold: For Active Older Adults

(Ages: 16 to Adult) A workout geared toward the active older adult so fun you'll forget you're working out! Zumba Gold is the name of the game and a Latin infused dance party is the game. This class mixes energizing music and easy to follow dance moves with some toning. No dance skills required just a desire to have fun and burn calories!

2020.100 W, 5-May to 9-Jun 11:00 PM - 12:00 PM
2020.120 W, 16-Jun to 21-Jul 11:00 PM - 12:00 PM
2020.140 W, 28-Jul to 1-Sep 11:00 PM - 12:00 PM
Suite 102
Instructor: HealthyFit Pros
\$30 City, \$35 Non-City Resident
\$8 Drop in Fee
Registration Begins:
4/20 City, 4/27 Non-City



AquaZumba

(Ages: 16 to Adult) Aqua Zumba is a fun water workout unlike any other water aerobics class. This is the pool party workout that will get you moving to the music and burning calories while having tons of fun.

2060.100 Tu Th, 8-Jun to 15-Jul 8:00 AM - 9:00 AM
2060.120 Tu Th, 20-Jul to 26-Aug 8:00 AM - 9:00 AM
Dixon Pool Instructor: HealthyFit Pros
\$50 City, \$60 Non-City Resident
\$8 Drop in Fee
Registration Begins: 4/20 City 4/27 Non-City



Sunrise Yoga

(Ages: 18 to Adult) This all-encompassing yoga session will help you clarify, relax, focus, and concentrate. All levels are accommodated in this active and energizing class. This class will improve your strength, flexibility, and concentration. Bring water, yoga mat and wear comfortable clothing to experience the wonderful benefits of yoga.

2830.210 Sa, 22-May to 26-Jun 9:00 AM - 10:00 AM
2830.220 Sa, 10-Jul to 14-Aug 9:00 AM - 10:00 AM
Suite 102 Instructor: HealthyFit Pros
\$30 City, \$35 Non-City Resident
\$8 Drop in Fee
Registration Begins: 4/20 City 4/27 Non-City

Adult Beginner Tennis

(Ages: 16 to Adult) This class is for beginning tennis players who have little or no experience, or those players who have been away from the game a bit too long. We'll walk you through the basics and get you psyched for the game of tennis. Enjoy the weather, get some exercise, and pick up a new hobby. Make up dates: August 2 & 4

1730.412 M W, 12-Jul to 28-Jul 6:00 PM - 6:50 PM
Memorial Park Tennis Courts Instructor: Canizares, Art
\$40 City, \$50 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Adult Intermediate Tennis

(Ages: 16 to Adult) For those students who have completed Beginner Tennis, or those adults who have tennis experience but need some additional instruction. This class will work on game strategy and doubles play, as well as helping you to develop more strokes. Make up dates: August 2 & 4

1740.412 M W, 12-Jul to 28-Jul 7:00 PM - 7:50 PM
Memorial Park Tennis Courts Instructor: Canizares, Art
\$40 City, \$50 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Fitness & Dance

Tai Chi - all levels

(Ages: 16 to Adult) Tai Chi is an optimal exercise for all ages. It is an aerobic exercise without the risk of injury. Developed to enhance meditation, it was brought to this country by Da Liu. The instructor studied with Da Liu for five years and has practiced since 1981. The ancient art of Tai Chi reduces stress, depression, blood pressure and heart rate. It can improve natural breathing, circulation, flexibility, balance, and memory. Movements are done in a slow concentrated manner coordinated with deep breathing.

2310.401 M W, 17-May to 18-Aug 6:30 PM - 7:30 PM
Suite 102, Downtown Instructor: Riley, Charles
\$125 City, \$135 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Isshynru Karate

(Ages: 8 to Adult) A super program for adults and children alike (you must be at least 8 years old) to help develop coordination, muscle tone, and self-confidence. Mike does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. And parent, you can take it with your kids - you'll both have fun, and learn something too!

Evening

2530.305 M W, 12-Apr to 19-May 6:00 PM - 6:50 PM
2530.307 M W, 7-Jun to 14-Jul 6:00 PM - 6:50 PM
2530.402 M W, 19-Jul to 25-Aug 6:00 PM - 6:50 PM

Saturday

2530.314 Sa, 17-Apr to 29-May 10:00 AM - 12:00 PM
2530.416 Sa, 5-Jun to 10-Jul 10:00 AM - 12:00 PM
2530.417 Sa, 24-Jul to 28-Aug 10:00 AM - 12:00 PM
Community Center Instructor: Morton, Mike
\$35 City, \$45 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Beg. Swing/Jitterbug

(Ages: 14 to Adult) Don't waste time watching! Get up and enjoy the music! Get off the couch, get your partner and get moving! Take a little time and learn a new move on the dance floor. Leonard will show you the basic patterns, turns, routines, and skills to be the best-looking couple on the floor. Take a chance and give it a try! Wear SOFT-SOLED shoes.

3310.315 W, 5-May to 26-May 8:00 PM - 9:00 PM
3320.316 W, 9-Jun to 30-Jun 7:00 PM - 8:00 PM
3340.410 W, 7-Jul to 28-Jul 8:00 PM - 9:00 PM
3340.403 W, 11-Aug to 25-Aug 7:00 PM - 8:00 PM
Community Center Instructor: Mara, Leonard
\$32 City, \$43 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Beginning Ballroom Dance

(Ages: 16 to Adult) Are you inspired by the new "Dance with the Stars" show? Well here's your chance to get out on the dance floor and learn some of the steps they do on TV. This is an introduction to the basics of dancing which allows the student to gain confidence in his or her ability on the dance floor. Basic step patterns include the Fox Trot, Waltz, Cha-Cha, Rhumba, Merengue, Salsa and Swing. Only a limited amount of singles will be accepted. Wear SOFT-SOLED shoes.

3310.313 W, 5-May to 26-May 7:00 PM - 8:00 PM
3310.414 W, 9-Jun to 30-Jun 8:00 PM - 9:00 PM
3310.404 W, 7-Jul to 28-Jul 7:00 PM - 8:00 PM
3310.411 W, 11-Aug to 25-Aug 8:00 PM - 9:00 PM
Community Center Instructor: Mara, Leonard
\$32 City, \$43 Non-City Resident
Registration Begins: 4/20 City 4/27 Non-City

Round Dance

Round Dancing is a fun, social activity, where couples dance synchronously in a circle around a dance hall to cued choreographed routines. Singles and "2-left feet" people are welcome! Please wear soft-soled shoes for dancing ease.

Meets Weekly, Mondays, 7:00pm - 9:00pm
\$6 City or Non-City drop in per class
Dorothy Hart Community Center
Instructors: Joe Dungan
Registration is ongoing. Just show up to get started.

**HELP SAVE
OUR FLOORS!**
Please wear soft-soled shoes when
taking dance classes at
the Community Center.

Fitness & Dance

Belly Dance Basics I w/ Anthea

(Ages: 12 to Adult) For Fun or Fitness! "Belly-robics" warm up. Introduction to Anthea's unique and effective teaching method. Basic isolations and step patterns in combinations get you dancing right away. No experience necessary.

3722.309 Th, 6-May to 27-May 7:30 PM - 8:30 PM

3722.401 Th, 3-Jun to 24-Jun 7:30 PM - 8:30 PM

3722.402 Th, 1-Jul to 15-Jul 7:30 PM - 8:30 PM

3722.114 Th, 9-Sep to 30-Sep 7:30 PM - 8:30 PM

Community Center Instructor: Poole, Anthea

\$37 City, \$48 Non-City Resident

July Class only: \$28 City, \$39 Non-City Resident

Registration Begins: 4/20 City 4/27 Non-City

Intermediate Belly Dance

(Ages: 12 to Adult) Continue from Basics II. For the dedicated dancer, home practice required. Wonderful opportunity to study with a nationally known teacher and performer. Develop advanced technique and skills including Finger Cymbals. Enroll by instructor approval.

3722.405 W, 5-May to 26-May 7:00 PM - 8:00 PM

3722.344 W, 2-Jun to 30-Jun 7:00 PM - 8:00 PM

3722.406 W, 7-Jul to 21-Jul 7:00 PM - 8:00 PM

3722.120 W, 8-Sep to 29-Sep 7:00 PM - 8:00 PM

Community Center Instructor: Poole, Anthea

\$39 City, \$50 Non-City Resident

July Class only: \$30 City, \$41 Non-City Resident

Registration Begins: 4/20 City 4/27 Non-City

Belly Dance Basics 2 w/ Anthea

(Ages: 12 to Adult) Continue from Basics 1 for more fun or fitness! "Belly-robics" warm up. Foundation topics include: Oriental choreography; Tribal Odyssey Level 1. Enroll by instructor approval.

3722.337 Th, 6-May to 27-May 8:30 PM - 9:30 PM

3722.403 Th, 3-Jun to 24-Jun 8:30 PM - 9:30 PM

3722.404 Th, 1-Jul to 15-Jul 8:30 PM - 9:30 PM

2722.133 Th, 9-Sep to 30-Sep 8:30 PM - 9:30 PM

Community Center Instructor: Poole, Anthea

\$37 City, \$48 Non-City Resident

July Class only: \$28 City, \$39 Non-City Resident

Registration Begins: 4/20 City 4/27 Non-City

Classes fill on a first-come, first-served basis. Don't wait...register today!

Register for all classes at the Dorothy Hart Community Center. We accept registrations in person, by mail, by fax or online.

Advanced Belly Dance

(Ages: 12 to Adult) Continue from Intermediate. For the dedicated dancer, home practice required. Choreography, composition; in-depth music and rhythms. Enrollment by recommendation of the instructor.

3722.348 W, 5-May to 26-May 8:00 PM - 9:00 PM

3722.407 W, 2-Jun to 30-Jun 8:00 PM - 9:00 PM

3722.408 W, 7-Jul to 21-Jul 8:00 PM - 9:00 PM

3722.124 W, 8-Sep to 29-Sep 8:00 PM - 9:00 PM

Community Center Instructor: Poole, Anthea

\$39 City, \$50 Non-City Resident

July Class only: \$30 City, \$41 Non-City Resident

Registration Begins: 4/20 City 4/27 Non-City

Beginners Low Impact Line Dance Class

(Ages: 16 to Adult) Yes, you can line dance! Basic line dance steps are taught through low impact line dances and beginner moderate line dances. No partner is necessary! A wide variety of music is used, such as: Country, Ballroom, Latin, and Swing. Step variations taught when needed. Wear light comfortable clothes and tennis shoes.

DROP-IN ANYTIME!

Fridays

12:00pm - 1:00pm Beginners Low Impact

1:00pm - 3:00pm - Moderate & High Impact

\$4 City or Non-City Resident drop in per class

Call for location

Instructor: Linda Conlin

Register on a weekly basis.

Moderate/Advanced Line Dance for Active Dancers

(Ages: 16 to Adult) Welcome former line dancers and active exercisers! At 1 pm, we turn up the beat in the music and add multiple turns to our line dances. At approximately 2:15 pm even more fun and complex dance patterns are introduced. Come exercise with fellow line dancers and enjoy some of your favorite music. We teach and dance new top 10 dances as well as the favorite oldies! All dances are reviewed and called as needed. Optional line dance warm up time or brush up on steps from 12 to 1 with the beginner low impact class.

DROP-IN ANYTIME!

Fridays

1:00pm - 3:00pm

\$4 City or Non-City drop in per class

Call for location

Instructor: Linda Conlin

Register on a weekly basis.
